



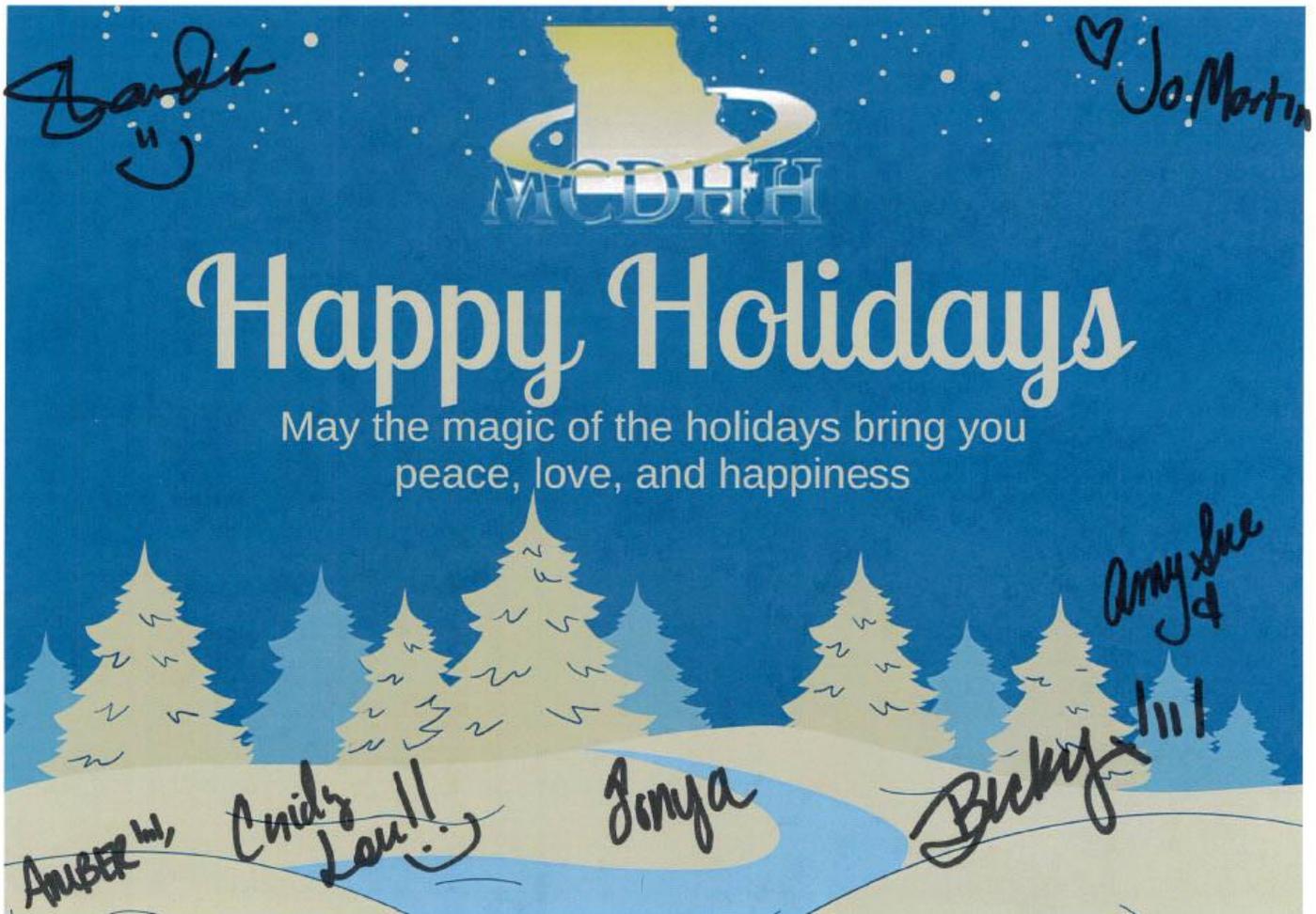
E-NEWS

WWW.MCDHH.MO.GOV
V: 573.526.5205
VP: 573.298.6778
3216 EMERALD LANE SUITE B
JEFFERSON CITY, MO 65109



December 27th, 2023

From The Executive Director



NEXT COMMISSION MEETING

JANUARY 18TH, 2024

10AM-2PM

MISSOURI RIVER REGIONAL LIBRARY

THOMAS JEFFERSON ROOM

214 ADAMS ST

JEFFERSON CITY, MO 65101

MCDHH COMMISSION MEETING

MARK YOUR CALENDAR FOR THE FOLLOWING DATES:

APRIL 4TH OR 11TH KCMO 10-2 PM

JULY 18TH JCMO 10-2PM

OCTOBER 10th JCMO 10-2PM

Amusing Trivia

‘Dinner Table Syndrome’



“That Deaf Guy” webcomics by Matt and Kay Daigle

Holidays bring friends and family together for festive gatherings, but for some deaf people, the experiences can be challenging. The deaf people dread the gathering because of their experiences of being left out at the dinner table, missing out on the laughter from the hearing people, or missing big important news that was announced at the dinner table because, of course, it was all via spoken words.

Deaf people will have a hard time keeping up with the conversation, and understanding what is going on but deaf people always dread to ask “What did they say?” because the responses tend to be “I will tell you later”, or “It is not that important” responses. It leads deaf people to feel unimportant, frustrated, angry, isolated, and lonely at the dinner table, hence the phrase, ‘Dinner Table Syndrome’ (DTS).

Often, deaf people will seek refuge by scrolling their phones, playing computer/console games, reading a book, or spending time alone in another room. For a deaf child, it may be less of a problem because they will be more interested in playing with their friends and cousins than sitting around a table.

However deaf adults will like to be involved in the conversations. The deaf people may catch the gist of there and this, but they just can’t catch up because there are missing puzzle pieces that they can’t put together to understand the conversation. It can cause deaf adults to feel concentration fatigue, which is from just trying to listen and/or lipread.

To create an inclusive space, other than learning sign language, some apps can pick up spoken words such as Live Transcribe, AVA, or Rogervoice for example. You can take out the paper and pen to communicate with your deaf loved one or use the note app on your phone. You can make sure your environment has good lighting and minimal background noises. You also can try to find a round table for better visibility. Deaf people know it is not an intentional case of exclusion- it’s an unintentional case of exclusion, and the hearing people may not understand the effect of it. Not only does DTS occur during the holidays, but it can be anywhere, at the restaurant, at an office party, or birthday party, the concept is still there. Next time you see a deaf person, remember those tips and try to make them feel more included at the dinner table.

BSL Zone, a website that provides vidoes created by the deaf community, has a video with a particular scene that is very impactful. The video is in British sign language- but don’t fret, it is captioned! The scene start at the 11:40 time mark. [Watch the video here!](#)



“The dinner table, a symbol of family life and bonding in popular hearing culture, often represents loneliness and inaccessibility to deaf people.”

Mainstream News



The National Weather Service National Oceanic and Atmospheric Administration (NOAA) has a Safety Campaign for the Deaf and Hard of Hearing Community. The link listed below will provide basic, general information regarding various weather topics and weather radio information. Additional education, awareness and outreach events are being considered by NOAA. If you are interested in more information, and/or think that your community should hold an educational class, please contact Amy Sue Guinn; Staff Interpreter at amysue.guinn@mcdhh.mo.gov and this information will be forwarded to the NOAA for consideration.
<https://www.weather.gov/wrn/dhh-safety>

Mental Health Services for the Deaf



There are mental services available for the D/HOH community in both St. Louis and Kansas City!

As we move into the winter season with shorter days, longer nights, and many holidays, it is important to talk about Seasonal Depression. Many people go through times when they feel unusually sad or just different, for some, these feelings happen when the seasons change and have the "winter blues" when the daylight gets shorter in the fall/winter and start to feel better after daylight savings in the spring when the sun is out for longer.

Sometimes these mood changes can be more serious and can affect how a person feels, thinks, and even behaves. If you have noticed significant changes in your mood, thoughts, or behaviors during the fall/winter time, you may be struggling with Seasonal Affect Disorder or Seasonal Depression. Symptoms can include, among other things: Persistent sad, anxious, or "empty" mood, feeling hopeless, guilt, or unusually irritable. Oversleeping, over eating, and avoiding social situations can all be signs as well.

The holidays can also bring about struggles with loneliness, additional stress and anxiety, and the 'Holiday Blues'. The good news is, treatment is available. Treatments for the "holiday blues" and for season depression can include talk therapy and medication services.

For anyone needing assistance on the East side of the state of Missouri, BJC Behavioral Health can help with therapy, medication, case management support. Please contact Laura Shapiro by cell phone: 314-210-4301 or email: laura.shapiro@bjc.org

Kansas City also offers mental health services for anyone in the Western half of the state of Missouri. Please contact Elijah Buchholz by cell phone: 913-709-5540 or email: ebuchholz@rediscovermh.org

Both programs offer services and therapy by sign fluent therapist and staff who can directly provide mental health support to those in need!

MCDHH's Upcoming Occasions



Defying Gravity:
Dive into the Details of the 2024 KC Interpreters Conference—
Register Now for Exclusive Access!
April 4-6, 2024

- **Registration:**
 - <https://mcdhh.mo.gov/registration/>
- **Forms:**
 - <https://mcdhh.mo.gov/forms-2/>
- **Schedule:**
 - <https://mcdhh.mo.gov/schedule/>
- **Payment:**
 - <https://mcdhh.mo.gov/2024payment/>
- **Presenters' Bios:**
 - <https://mcdhh.mo.gov/presenters-bio/>
- **Workshops Descriptions:**
 - <https://mcdhh.mo.gov/workshop-descriptions/>

General Upcoming Affairs



We work with the hearing impaired
Do you have Medicare Part A and B?

Would you like these benefits?

- *Comprehensive Dental/Dentures
- *Eyeglasses/Hearing aids
- *Healthy Foods

Call or Text
573.253.9502

Remember: No cost to you to see if you qualify!

It only takes a couple of minutes to see if you may qualify for these and other benefits that you may not be receiving now.

- Remember: No cost to you to see if you qualify!



Call Frank or Kim Hanna 573.253.9502
 Licensed Independent Medicare Insurance Brokers

We do not offer every plan available in your area. Any information that we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-Medicare for information regarding all your options.




TWO PART HYBRID
SSP TRAINING

PART 1: ONLINE
 Monday, January 22
 6pm - 8pm
 via Zoom

PART 2: IN PERSON
 Saturday, January 27
 9am - 5pm
 Lincoln University
 820 Chestnut St.
 Jefferson City, MO 65101

WHAT IS AN SSP?
 Support Service Providers (SSPs) are specially trained guides who work with DeafBlind individuals to ensure they have all the facts they need to make informed decisions by relaying environmental info to DeafBlind individuals in their preferred language and communication mode. SSPs simply give access to all the visual and aural details available.

QUALIFICATIONS

- Over 18 years of age
- Basic knowledge of DeafBlind culture
- Demonstrate skills to communicate comfortably/effectively w/ DeafBlind folks
- Access to Internet, personal email address, working knowledge of Microsoft Word
- Valid driver's license and proof of auto insurance or state-issued identification
- Pass MO SSP Background Screening Policy
- Paid \$20/hr with travel time. Mileage paid at IRS rate if transporting DeafBlind consumers



[REGISTER HERE](#)



Questions?
 (636) 542-8126
 brett.wilhelm@vancro.com

Sponsored by:
Missouri Commission for the Deaf and Hard of Hearing




CERTIFIED DEAF MENTOR TRAINING
 April 6, 2024
 8 a.m. to 3 p.m.
 Location: TBA
 Kansas City, Missouri

[CONTACT US](#)

636-692-4630 www.signingedge.com

List of Links Resources

Event Dates:

Certified Deaf Mentor Training

Signing Edge

April 6, 2024

8 AM-3PM

Location: TBA KCMO

P: 636-692-4630

www.signingedge.com

Two Part Hybrid SSP Training

Part 1: Online

Monday, January 22 6-8pm

Zoom

Part 2: In person

Saturday, January 27 9am-5pm

Lincoln University

820 Chestnut St.

JCMO 65101

Resourcess

We Work with the Hearing Impaired

Do you have Medicare Part A and B?

Would you like these benefits?

Comprehensive Dental/Dentures

Eyeglasses/Hearing aids

Healthy Foods

It only takes a couple of minutes to see if you may qualify for these and other benefits that you may not receiving now

*Remember no cost to you to see if you qualify!

Call Frank or Kim Hanna at 573.253.9502

*License Independent Medicare Insurance Broke

BSL Zone: Dinner Table Syndrome

Starts at the 11:40 time mark

<https://www.bslzone.co.uk/watch/this-deaf-series-2/this-deaf-its-christmas>